

Saturday

Roll-Your-Own Burritos
Bananas
Milk, fluid, nonfat, calcium fortified (fat free or skim)

Servings: 6

Serving size: 1/6 of a menu.

Amount Per Serving	
Calories	803.36
Calories From Fat (32%)	257.42
% Daily Value	
Total Fat 29.67g	46%
Saturated Fat 11.73g	59%
Cholesterol 50.33mg	17%
Sodium 1345.18mg	56%
Potassium 2008.89mg	57%
Total Carbohydrates 108.08g	36%
Fiber 19.03g	76%
Sugar 33.16g	
Protein 32.75g	66%

Roll-Your-Own Burritos

2	cups	cooked brown rice	1 ½	cups	salsa*
1 ½		(15-ounce) can black beans, drained and heated*	2		avocado, peeled and sliced
1 ½	cups	grated cheddar or Monterey jack cheese*	1	cup	sour cream, reduced fat
2 ¼	cups	chopped iceberg lettuce			Sliced pickled or fresh jalapeños (optional)
2	cups	chopped tomato	6		flour tortillas, warmed*
1 ½		yellow onion, chopped			

Arrange rice, beans, cheese, lettuce, tomatoes, onions, salsa, avocados, sour cream, and jalapeños in separate bowls. Allow everyone to top their tortilla with whatever ingredients they chose, then roll up into burritos, tucking in the ends.

Servings: 6

Nutrition Facts

Serving size: ⅙ of a recipe (17.6 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	611.89
Calories From Fat (41%)	250.1
% Daily Value	
Total Fat 28.84g	44%
Saturated Fat 11.31g	57%
Cholesterol 45.39mg	15%
Sodium 1215.56mg	51%
Potassium 1176.43mg	34%
Total Carbohydrates 69.15g	23%
Fiber 15.96g	64%
Sugar 6.75g	
Protein 23.07g	46%

Source

Source: Whole Foods Market